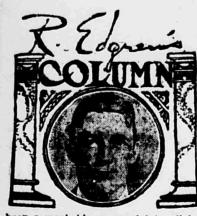
TRAINER TOM ECK TELLS HOW YOU MAY TRAIN YOURSELF

Different Men Are Differently Constituted, and Require Different Methods, Says Training Expert in Discussion of His System.



remarkably successful in all branches of sport. I asked Mr. Eck for some advice on training diet for the benefit of those readers of The Evening

each meal, and is not allowed to overeat. A moderate amount is sufficient. Ninety-nine athletes out of a hundred EAT TOO MUCH!

"When I was a boy I lived up in Canada, and the woods were full of athletes in those days. Naturally I took a hand in the game with the rest

took a hand in the game with the rest. E. K. Johnson, of Barrie, Canada, was the all-around athiete of the world at that time, with seven world's records to his credit. No other man in the world ever held seven world's records at one time. At that time I was driving trotting horses, being the youngest driver in Canada. When I started into the trotting horse business on my own account I was only sixteen years old. It one time. At that time I was driving forms, being the youngest driver in Canada, When I started into the trotting horse business on your old. My father, who has always been pronounced one of the best horseem In Canada, called me to one side the day I let home for the Berrie track. He said:
"Now, young fellow, remember there are lots of people who know something, and you can learn something ever) and stand up straight, and when they sweat it will be sticky, and white foam breaks out on the horse out to grass for five or six weeks. Then you have got to begin all over the young again to put your horse into condition.

Stars of the Green Isle Want Horse, the said:

It is himen resent the imputation. In 1885 themselves in readiness for the outdoor season, and it has some elements of instruction that are valuable. Upp at Columbia the candidates have begun their indoor work, and from present indications Capt. Young and hish jump agartisc the New York A. C. Expenses were guaranteed and an enjoyable trip assured, but the fishing a decidence of the present indications capt. You have enough material on hand to they are the cape.

A RTHITE J. BALFOUR, ex-Prime we exception, who holds a world's record has been developed by the Gaelle Athelic Association. Its ideals are national and democratic, and entirely opposed and the probably derived from the fact that a huge net has to be stretched urally as much American and the material on hand to they have enough material on hand to they have enough material on hand to they have enough material on hand to they are the cape.

The bolden Athelic Association has decided a study expression. Playing in the cage.

The bolden Athelic Association has decided and the probably The only cure for this is to turn the horse out to grass for five or six weeks. Then you have got to begin all over again to put your horse into condition. Now,' said he, 'the only way to prevent this is to give your horse some trainers gave me the laugh, as they trainers gave me the laugh, as they thought my horses would be soft all the allied strength of her colonies, thought my horses would be soft all the allied strength of her colonies, thought my horses would be soft all the flexes. But I did not have one harse go wrong at any time. I campaigned my horses all season and raced paigned my horses all season and raced them on the ice in the winter arces.

The mony cure for this is to turn the held in London in a few months, will be a Gaelic athletic sports.

If Sheridan, McGrath, Flanagan, Mitchell, Daly and other Irishmen never strength and skill at the Olympic games to continuity is not impracticable. It is generally conceded that England, with the allied strength of her colonies, thought my horses would be soft all the season and not be able to stuy in hard paigned my horses go wrong at any time. I campaigned my horses all season and raced the winter arces.

The houted the idea of evolution as American they would not have their its function as American will win nine-tenths of the places, and in the sprints and mile at least two-thirds of the points, while England will score heavily be a merican flax is seen flying at Gaelic athletic sports.

If Sheridan, McGrath, Flanagan, Mitchell, Daly and other Irishmen never strengths as American they would not have their its function of the cage."

The "cage" is full of disadvantages.

In the places, and in the second place the players are prevented from running around, as they with the second place the late of the places, and in the sprints and mile at least two-thi

HEN I gave up the trotters and began to train for athletics.

I read every book printed on began to train for athletics, development, and her decreasing I read every book printed on strength has not been recuperated by training. They were all on the old Engthe athletic blood of alien races. lish lines of training and diet. Natur ally I started in on the old schedule. First, it said you are to rise at 6 or 7 in the morning, take a glass of sherry competitions, had their origin in Sandhurst in 1812, when the cadets organwith an egg in it walk two or three miles and back before breakfast. Then ized bi-annual meets. The pupils of sit down to stale bread, a couple of chops and tea; sometimes an egg was allowed, either poached or boiled. Dinner consisted of roast beef or mutton, more stale bread, a pint of old ale, very more stale bread, a pint of old ale, very successful until Heights by a score of 32 to 8. The game Shrewsbury Royal School started stee-"Supper was served with more stale bread, chops or steak, a cup of tea and sometimes more old ale. This was your circles in which English amateur athlish amateurism. streat many athletes died from fevers contracted while in training. It was caused by the diet they were living on, the same as horses that were being burnt up and had to be turned out to grass. I began to think over all these things and what my father told me shout the horses and the grass came into my mind.

| All Bridwell is wise. The first flight. | The tryouts for the American team next June will bring several world's record holders together. Except in the walks and distance runs, England seems to have a difficult task. |

| Ireland Would Be Separate. |

HAD been reading about vegetarians and some wonderful feats of endurance that could be accommore moment than the tangle which brief on a vegetable die. I thought I plished on a vegetable diet. I thought I would try some vegetables with my me.s., and I added potatoes, corn, cabbage turnips, carrots, cauliflower, onions and any vegetables I liked, or those that agreed with me. I began to find out I perspired more freely, my skin was taking on a better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale and other stimulants, and I soon better glow and color. I cut out the old ale an bound out if I could do a good performance on old ale I could do a better one without it. I added fruit to the list, and allowed myself a little light pie or pudding, and in after years I came to the canclusion an athlete could eat any proclesome food that agreed with him.

Irish athletes' feats in America and the could be at any proclesome food that agreed with him. came to the letics.
aid eat any letics.
Irish athletes feats in America are

WONDERFUL change in the training of athletes has taken place in the past twenears. Tom Eck, the famous manager and trainer of athletes, bicycle riders and skaters, was one of the first to break away from the ancient English traditions. For thirty years he has been engaged in this work, famous trainers in America. Mr. Eck claims to have developed more American and world's champions and holders of records than any other man in the game, and surely he has

been remarkably successful in all branches of sport. I asked Mr. Eck for some advice on training diet for the benefit of those readers of The Evening World who are interested either in becoming athletes or in living healthful, athletic lives without entering competitions. He had it all at his fingers' tips. Here is his advice, word for word, as he gave it:

"I don't think a certain system of training can be laid down in print to fit all athletes, as different men are differently constituted and require different methods suited to their individuality. Each man should study himself and use his own intelligence in regulating his exercise.

NY man can rub a man down, but he might not know just what workouts should be given to develop a champion. Plenty of sleep is a most necessary thing. Just the right amount of work is important. But the most important thing of all is diet.

"A man should not eat between meals or-drink between meals other than enough to gargle the throat and take one or two swallows.

"At meal times one glass of water with one cup of tea or coffee is plenty. A running or trotting horse does not get two or three palls of water with each meal, and is not allowed to overeat. A moderate amount is sufficient.

Origin of Athletics.

Home Rule or the fiscal relations of

d, but not too much meat, claimed as British in England, but The Billiard Committee of the Chicago



MAKING PLAYERS AT COLUMBIA, AND STARS IN GAMES TO-NIGHT



GOODMAN MAKING COLLEGE BALL PLAYERS IN

It's a Rattling Good Practice, but Not as Exciting as the Real Thing on the Diamond.

BY BOZEMAN BULGER.

ASEBALL training in a cage does not tend to overheat the cockles of the heart, but it's the only way fairly good condition in a "cage," and fairly good condition in a "cage," and the cooped-in college boys can get there is no reason why Columbia themselves in readiness for the outdoor should not do as well as Yale, Prince-

Fault with College Pitchers.

the work is well under way ays are going to be set apart ng only. That is the only way men can all be properly inchers can be worked out as well "cage" as they can anywhere, that they do not get the benefit COLUMBIA CARNIVAL

> Famous Athletes Entered in Big Games To-Night—

Ramey Out of 600.

Ramey Out of 600, mind decided and make decided and makes of the side. It is much easier to be seen to realize the much easier to make side of the side. The side of the side





MEN AND WOMEN

Modern athletics, or track and field

outside the masses and responsible for mental in getting the foreigner to conthe snobbish and foolish ideals of Eng- sent to come to this country, claims sent to come to this country, claims that Gotch agreed to wrestle under his thinks horses are possessed of less endurance than athletes. England's Best Men to Compete.

The rigid rules governing English most favorable offer.

Buspices. The American wrestier denies this and states that he is open to the

amateur athletics did not check the Five trophies and medals and \$10,000 in popularity of the sport, and, pro rata cash prizes have been offered by the Chicago to the population, England is probably Aeronautique Club for international contests imbued with a greater athletic spirit in the air, to be held by the club July 2

Chicago. By this arrangement of dates

The Multnomal Athletic Club, of Portland Ore., will spend \$20,000 on an athletic field New Illinois A. C.'s of Chicago dues have been doubled—from \$30 to \$60. This goes for eighteen months, or until a \$300,000 debt is paid.

Jack Thoney demands \$3,000 from the Boston Club. His contract only calls for \$2,500 and he refuses to consider such a small amount. Griffith continues to hang on to Hilde-brant, the former Princeton baseball star. Griff has hopes of getting him back into the

Memphis University has put a ban or cigarettes with baseball, and it is presume that they will be served with coffee, a Circus Solly Hoffman will sign a life contract shortly; not with the Cubs, but with Miss Rachel Looker, of Chicago.

dief for a long time, but I would get cramps in my legs and sometimes in my legs and sometimes in my stomach. My muscles were too the population, England is probably my stomach. My muscles were too that Twee are as hard as steel. To say a man's muscles were as hard as steel was considered and hard as steel was considered and they came pretty and they came pretty near to final transport of the sport, and, pro rata cash prizes have been offered by the Chicago the off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths during the championship race. The off season. Grim never showed much sounding ability while on the paths and such the championship race. The off season. Grim never showed much sounding the champion ability while on the champion ability while on the paths and such the champion and the case of the champion ability while on the champion abili THE SPORTSMAN'S SHOW

the American team will be the American team will be at Athens in 1906. WILLIAM FLETCHER. be assured prospective and spikes cannot be worn the word is them step "into" the ball instead of side-away from it. It is a natural instinct to stepping. Many young players will invariably try to take a grounder on the **NEWS IN** SMALL PORTIONS MISCELLANEOUS ITEMS. 1853, when they were abandoned on ac- was fast throughout and marked with count of the Crimean war. The Indian much rough play. mutiny immediately after blighted the A hitch has occurred in the proposed ake you too soft. Pie or not on the list; only once athletic movement, but it was revived wrestling bout between Frank Gotch, you were allowed rice or in 1862. On account of the exclusive the American champion, and Hackensonmidt, the "Russian Lion." W. W. letics originated they were naturally Wittig, of Minneapolis, who was instru-

FIXED FOR CUE MATCHES

Chicago. By this arrangement of dates
Hoppe gets seventeen days for practice
between the two contests.

The Billiard Committee of the Chicago

NEWS OF THE ATHLETES. Harvard and Annapolis meet on the water April 22. Two English socker teams will visit this country next fall.

Richard Glendon has taken charge of the naval academy rowing crews at Annapolis.

WITH THE BALL TEAMS. Grimshaw, first sacker for the Bosto

Boston during d much

Chicago Americane leg it 14,641 miles be fore they play their first championship game With Commy so bugs on travelling, he migh have enlisted his men in the battle-shi squadron and got a tour for nothing.

"Pop" Shriver, formerly manager of the Wheeling Central League team, has signed to play with Pittsburg. Shriver is a graduate from the West Virginia University and lest season led the O. and P. League in hitting.

to play with Pitteburg. Shriver is a graduate from the West Virginia University and lest season led the O. and P. League in hitting. It has at last been discovered why Jos Cantillon wasts that red vest, Jos easy whenever he thinks of his tail end team he looks at the crimson waistooat and in mediately becomes mad. Then he goes at it harder than ever. PUGILISTIC POINTERS. Jim Jeffrles has been invited to referee a fight at Fairbanks. Alaska, July 4, he to the visitors. Jim Jeffrles has been invited to referee a fight at Fairbanks. Alaska, July 4, he to the visitors. Tommy Burns says he is coming back to America on April I. Mayle this is to get Jack Johnson down to the pier on All Fools 10 as, Mecklenburg-Schwerin baronies, with Harry Lowis, Honey Mellody. Mike (Twin) Suit was Mecklenburg-Schwerin baronies, with Harry Lowis, Honey Mellody, Mike (Twin) Suit van, Jimmy Garder, Jack Blackburg and others declaring that they hold one. GOSSIP OF THE TURF. 1. A. Cella, well-known horseman, has